



Summer Fun!

2022 SUMMER ISSUE



Brought to you by:



Preventing Heat Illness

- Dress for the heat by wearing lightweight, light-colored clothing. Light colors will reflect some of the sun's energy. Wear a hat if you can.
- Drink plenty of water. Carry a water bottle with you and drink even if you aren't thirsty. Avoid alcohol and caffeine, which can be dehydrating.
- Slow down and avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, usually in the morning.
- Stay indoors whenever possible.
- Take regular breaks when doing physical activity on warm days. If you notice someone showing the signals of a heat-related illness, help them stop the activity and find a cool place.
- Never leave a child, adult, or animal alone inside a vehicle on a warm day.

Fireworks Safety

Remember, fireworks can be dangerous and cause severe burn and eye injuries.

Follow these safety tips when using fireworks:

- Keep a bucket of water or a garden hose handy in case of fire. After fireworks complete their burning, douse the spent device with plenty of water to prevent fire.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.

HEAT EXHAUSTION	HEAT STROKE
Symptoms <ul style="list-style-type: none"> • faint or dizzy • headache • profuse sweating • irritability • weak, rapid pulse • shallow breathing • pale, cool, clammy skin • nausea or vomiting • muscle cramps 	Symptoms <ul style="list-style-type: none"> • absence of sweating • pulsating headache • hot, red, dry skin • high body temp (above 103°F) • nausea or vomiting • strong, rapid pulse • confusion • convulsions • may lose consciousness
Treatment <ol style="list-style-type: none"> 1. Lie down in a cool shaded or air conditioned area 2. Drink water 3. Use caution when standing up, apply cold compress 	Treatment <ol style="list-style-type: none"> 1. Dial 911 2. Take action to cool by any means. Place in a cool area. Wrap in wet towel, sponge with cool water.

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Ready for a Road Trip?

There are lots of things to love about road trips. Here are a few tips to ensure that everything is taken care of before you hit the road.

- Ensure your car seats are correctly installed if you have young children.
- Take your car in for a checkup. It should include tires, engine oil, and windshield wipers. Bring along a set of jumper cables, just in case.
- Plan your route. A search on a website such as Google Maps or MapQuest will give you a good idea of how long your trip should take and the best way to get you to your destination.
- Pack plenty of snacks and drinks.
- Check your first aid supplies and replace items that may have expired.

Wildfire Home Safety

- Keep flammable objects (lawnmowers, oil or gas cans, propane tanks, and woodpiles) at least 30 feet away from home at all times.
- Keep roof, gutters, decks, and patios clear of leaves, pine needles, or other flammables at all times.
- Remove flammable mulch and vegetation within 5 feet of the home and replace them with nonflammable material.
- Remove tree or shrub branches that overhang within 10 feet of your house, roof, or chimney.
- Keep lawns watered and mowed, or if water-conserving, make sure debris is removed within 30 feet of the home.

<https://smokeybear.com/en/smokey-for-kids/preventing-wildfires>



Volunteers Wanted

If you are interested in joining our volunteer group, we'd love to have you! Please email emergencymgmt@tulaliptribes-nsn.gov for more information.